

AUSTRALIAN
COLLEGE OF
PSYCHODRAMA

ROLE TRAINING

SOCIOMETRY

SOCIODRAMA

PSYCHODRAMA

GROUP WORK

The College is accredited by the
Australian and New Zealand
Psychodrama Association Inc.



2008

TRAINING PROGRAM

Northcote Town Hall

189 High St, Northcote

Melbourne

Member association of the Psychotherapy and
Counselling Federation of Australia (PACFA)

Telephone: (03) 9589 6879

Email: psychodrama@netspace.net.au

Website: www.anzpa.org/acp.html

The College

The College seeks to awaken and strengthen the abilities of people in many settings to express themselves relevantly, responsively and creatively in the ordinary here and now situations in which they live and work.

The College is one of ten training institutes accredited by the Board of Examiners of the Australian and New Zealand Psychodrama Association Inc. to conduct training in role training, sociometry, sociodrama, psychodrama and group work.

Philosophy and Theory

The philosophy of the College is located within a humanistic perspective. There is a focus on growth and the capacity for expanded consciousness and life experiences. Change at the individual or group level is human centred, embracing the intelligence and wisdom of both the mind and the body.

The development of spontaneity is central to the active group work methods taught. Spontaneity is an ability to respond to people and situations with immediacy, vitality and thoughtfulness. Increase in spontaneity can culminate in a fresh response to everyday events and an informed response to unfamiliar or unexpected situations.

The action and group work approaches taught by the College, collectively known as the psychodrama method, were originated by Dr. J.L. Moreno (1889-1974). This work has been further refined in many institutes around the world including in the United Kingdom, Central and Eastern Europe, USA, South America, Japan, Australia and New Zealand. The training also draws significantly on the work of personality theorists, sociologists, psychotherapists, group workers and system theorists, and on the original work and writings of Wilfred R. Bion, Eric Berne, Dorothy Stock Whitaker, Morton A. Lieberman and others.

Who is the Training for?

Training is pertinent to people interested in enlivening personal, interpersonal and group functioning in the fields of health, education, organisational development and creative arts. There are a number of certified practitioners applying these methods in medical, legal and educational institutions; organizational change and management training programs; self-transformation and 'well-being' fields; innovative community development projects; and in the creative arts. Those practising as team leaders, health practitioners, counsellors, psychotherapists, teachers, managers or community resource workers will find the training beneficial.

The training deals with the experiences of the individual in groups and emphasises a systems approach to living. Trainees can expect to develop greater sensitivity and proficiency in interpersonal, group and inter-group relations.

Training Approach

MAJOR ELEMENTS

There are four key areas of focus in the training: role training, sociometry, sociodrama and psychodrama. In addition, the theory and practice of group work is viewed as essential to the successful application of these four approaches. Attention to the life of the group is consistently interwoven into the ongoing training.

Role Training aims to develop interpersonal effectiveness through a specific focus on the development of one aspect of a person's role or role system, or one defined aspect of their personality. Role training utilises the breadth of the psychodrama method while lending itself particularly to brief interventions.

Sociometry highlights the two-way relations between individuals. It holds within its view both formal and informal relationship networks. Value is given to the investigation and assessment of visible and invisible links, the strength and weakness of these links, and the personal and cultural factors associated with attraction, neutrality and rejection in relationships. The aim of sociometry is to bring about a greater degree of mutuality between people, furthering group objectives for collaboration.

Sociodrama opens up new perceptions of organisations and groups and involves practicing new solutions to group and intergroup conflicts. It focuses on the identification of values and relationship dynamics expressed within group and wider cultural settings. It aims to stimulate greater social awareness, individual flexibility and creative relationships.

Psychodrama explores universal themes as expressed in the life interests and concerns of individuals. Emphasis is given to strengthening the abilities of an individual. This may involve repair and rejuvenation of relationship dynamics established throughout life. Psychodrama actively explores real-life situations using dramatic enactment, analysis of the roles of the system presented, and enables more adequate, flexible and creative interactions for the future.

TRAINING PROCESS

The training is conducted on a part-time basis in evening sessions, one or two-day workshops and more extended residential workshops. Sessions usually involve demonstrations, supervised practice, mini-lectures and participation in group interaction.

The training is based on experiential learning principles that emphasise both the personal and professional development of trainees. This approach to learning aims to integrate conceptual and analytical functions in a context where the trainee is actively experiencing the emotional and sensory impact associated with participation and involvement in a situation.

The training is highly engaging with opportunities for development through participation as a protagonist, director, auxiliary, group member and group leader. A spirit of experimentation and playfulness is encouraged in the learning process.

Trainees learn to conduct groups with a specified purpose in a context-sensitive manner. They also learn to conduct groups which explore 'live' group concerns in the here-and-now. Attention is paid to recognising and working with subgroups and unconscious forces emerging in the group. Emphasis is given to developing centeredness and creativity in the leader.

From time to time trainees are encouraged to attend other related development opportunities which will assist them to better integrate and fulfill the objectives of the training.

CERTIFICATION AND QUALIFICATION

Completion of the training results in certification as a Role Trainer, Sociometrist, Sociodramatist or Psychodramatist and normally requires at least five years of training.

The training is viewed as a post-graduate course and therefore trainees must have a graduate degree in a field relevant to their area of practice or an acceptable equivalent. The training comprises a minimum of 800 hours of training in accredited training seminars and workshops, along with approximately 1600 hours reading, preparation of written papers, supervised practice, and allied activities and training seminars that contribute to fulfillment of the training requirements.

The College records completed training hours for all trainees resident in Victoria. Records of training hours for interstate and New Zealand trainees are forwarded to their local training institutes.

After a period of training, trainees begin to identify aspects of the method they see as most relevant to their work, reflect their own personal interests, or which call to the fore their individual abilities. On this basis they will be encouraged to make a more in-depth commitment to one of the four approaches - role training, sociometry, sociodrama or psychodrama.

Certification involves

- development of the abilities set out in the ANZPA Training and Standards Manual
- completion of a short paper
- completion of a thesis exploring the application of the method in a professional setting
- conducting a practical assessment session.

2008 Training Calendar

On-Going Training Groups

The training curriculum reflects the requirements of the ANZPA Training and Standards Manual and is developed by the staff with reference to the stage of the training group and individual trainees' learning needs.

Core Curriculum-Intermediate Training Group

The first two years of training teach the theory and practice that are essential to the psychodrama method, including sociometry, production techniques, role theory and group work. The training co-coordinator is Hilde Knottenbelt.

Advanced Training Group

This group builds on the training completed in Core Curriculum-Intermediate years, or the equivalent. This level involves teaching and supervised practice with in-depth attention to all the elements of the method. The training co-coordinator is Chris Hosking.

Venue: Northcote Town Hall, 189 High Street, Northcote, 3070, Melbourne.

ON-GOING TRAINING GROUPS

Core Curriculum-Intermediate Training Group

Dates

Semester 1

6 Thursday Evenings
March 6, 13, 27, April 3, 10, 17, 7.00pm-10.00pm
Saturday and Sunday April 12 and 13, 10.00am-5.30pm
6 Thursday Evenings
May 22, 29, June 5, 12, 19, 26, 7.00pm-10.00pm
Saturday and Sunday June 21 and 22, 10.00am-5.30pm

Semester 2

6 Thursday Evenings
August 7, 14, 21, 28, September 4, 11, 7.00pm-10.00pm
Saturday September 6, 10.00am-5.30pm
6 Thursday Evenings
October 16, 23, 30, November 6, 13, 20, 7.00pm-10.00pm
Saturday November 15, 10.00am-5.30pm

Fees: Semester 1: \$1355 (includes a copy of the ANZPA Training and Standards Manual)
Semester 2: \$1055
Total Fees: \$2410
All training fees include GST

Total Training Hours: 108

Advanced Training Group

Dates

Semester 1

6 Thursday Evenings
March 6, 13, 27, April 3, 10, 17, 7.00pm-10.00pm
Saturday April 12, 10.00am-5.30pm
6 Thursday Evenings
May 22, 29, June 5, 12, 19, 26, 7.00pm-10.00pm
Saturday June 21, 10.00am-5.30pm

Semester 2

6 Thursday Evenings
August 7, 14, 21, 28, September 11, 18, 7.00pm-10.00pm
Saturday September 13, 10.00am-5.30pm
6 Thursday Evenings
October 16, 23, 30, November 6, 13, 20, 7.00pm-10.00pm
Saturday November 15, 10.00am-5.30pm

Fees: Semester 1: \$1055
Semester 2: \$1055
Total Fees: \$2110
All training fees include GST

Total Training Hours: 96

Supervision

Supervision is a key aspect of the training and is central to the ongoing personal and professional growth of the trainee. It provides a context in which trainees can reflect on their functioning and key relationships and an opportunity to engage thoughtfully with the dilemmas and dynamics of professional practice.

Individual Supervision

For appointments please contact the College staff directly. Fees apply.

Max Clayton 9589 5658

Jenny Hutt 9489 5733

Richard Hall 9533 8323

Liz Marks 9527 7688

Hilde Knottenbelt 9489 2353

Chris Hosking 9589 5658



Professional Development, Short Intensives, Residential Training

More detailed information on most of these training events can be viewed and downloaded at www.anzpa.org/acp/fliers.html

Organisational Group Work – for trainers and facilitators (2 days) March 7 and April 4

This two-day workshop focuses on applying action methods (such as spectograms and concretisation) and group work concepts (such as warm up, spontaneity and central concern) to the skilful facilitation of learning events and work group meetings. It is for those who want to refine their leadership capacities in bringing people together and working freshly and productively with their real concerns.

Trainer: Jenny Hutt

Dates and Times: Friday March 7 and Friday April 4, 10.00am-5.30pm

Venue: Northcote Town Hall

Fee: \$495 (deposit of \$125)

Training Hours: 12

Group Work Training Part 3 (3 days) April 11-13

This three day training course is a continuation of the course conducted in July 2006 and April 2007. It is for those who have attended the 2006 and 2007 courses and other group work courses conducted by Max Clayton previously. Each participant will be invited to present some aspect of their work and to involve themselves in a supervisory process. Each participant will also function as a group leader in the training group and benefit from coaching and further individualised teaching.

Trainer: Max Clayton

Dates and Times: Friday, Saturday, Sunday, April 11-13, 10.00am-6.00pm

Venue: Northcote Town Hall

Fee: \$415 (deposit of \$125)

Training Hours: 18

Working with Marginalised People – for helping professionals (2 days) April 17-18

This workshop focuses on the application of role theory and psychodramatic principles in work with people who are marginalised and at risk in our community, and who may have experienced homelessness, alcohol and other drug additions addictions, mental illness, institutionalisation, imprisonment, sexual abuse, violence, intimidation and exploitation.

Psychodramatic principles assist in strengthening and repairing the foundation behaviours (roles) within a person, increasing their role repertoire, building self-esteem and confidence, and developing functional coping skills.

Trainer: Richard Hall

Dates and Times: Thursday and Friday 17-18th April, 9.30am-5.00pm

Venue: Northcote Town Hall

Fee: \$275 (deposit \$125)

Training Hours: 12

Residential Psychodrama Training Workshop (5 days) April 27- May 2

This workshop offers training in psychodrama, sociodrama, sociometry, role training and general group work. It is designed to bring about a greater ability to practice the psychodrama method in a wide range of professional settings. The workshop is held in a residential setting at Kallista about an hour's drive from central Melbourne. Those attending come from Australia, New Zealand and other countries.

Trainers: Max Clayton and Chris Hosking

Dates and Times: Commences Sunday April 27 at 6.30pm with an evening meal and concludes Friday May 2 at 4.30pm. There will be three three-hour sessions daily from 10.00am-9.30pm and two sessions on the last day, with meal and recreation breaks.

Numbers: 18 participants maximum

Fee \$1640 (deposit \$200)

Training hours: 43

Group Work Training Workshop (4 days) June 26-29

This group work training course is for the enhancement of leadership ability. It involves three major areas of teaching and learning. These are the enhancement of spontaneity and perception while participating in a group, the capacity to interpret the dynamic meaning of the emergent group processes, and the appreciation of the roles of individual group members and their relationship to one another. The training involves experiential group work, observation and reporting, teaching and coaching, and reading. It is for those involved in conducting different kinds of groups such as therapeutic groups, work groups or supervision groups or who are contemplating conducting a group. This course has been taught and further developed by Max Clayton since 1972.

Trainer: Max Clayton

Dates and Times: Thursday, Friday, Saturday and Sunday June 26-29

Morning sessions: 10.00am-1.00pm, Afternoon sessions: 3.00pm-6.00pm

Venue: Northcote Town Hall

Fee: \$545 (deposit of \$125)

Training hours: 24

Conducting Difficult Conversations – for consultants, facilitators and managers (2 days) October 2-3

This workshop focuses on assisting organisational clients to conduct difficult conversations, using the Harvard Negotiation Project model. Participants will gain familiarity with the Harvard Difficult Conversations model, including the 'what happened?' conversation, the 'feelings' conversation and the 'identity' dialogue. Most of the workshop will involve 'hands on' practice and experiences conducted using action methods.

Trainer: Antony Williams

Dates and Times: Thursday and Friday October 2-3, 9.30am-5.00pm

Venue: Northcote Town Hall

Fee: \$650 (deposit of \$125)

Training Hours: 12

Introduction to Psychodrama Training for 2009

This evening is designed to introduce you to the College Training Program for 2009. It will involve group activities, brief presentations and an opportunity to meet some of the people conducting and participating in the training. Reserve a place by contacting the Administrator.

Leaders: College Staff

Date: Friday 17 October

Time: 7.30pm-9.30pm

Fee: No Charge

Personal Development Groups

These groups are offered independently by Max Clayton & Chris Hosking, 9589 5658 and Richard Hall, 9533 8323.

In-House Training

The College is able to offer some in-house training tailored for the needs of your organization. Please discuss your needs with us.

Enquiries, Applications and Enrolments

Application for the Core Curriculum Training Group

Entry Criteria – Trainees at the College come from a range of professional backgrounds. Many are already proficient in some field of endeavour as a result of their training and life experience.

Applicants are required to:

- have previous experience in psychodrama and/or other relevant training
- preferably possess or be working towards professional qualifications
- have the resources to commit themselves to the program and its requirements

Admission Process – Applicants complete the enrolment form together with

- 1) a resume of work experience and professional history (maximum of 2 pages)
- 2) an overview of any prior experiences or training in action methods, psychodrama, group work and/or related areas
- 3) a brief statement that elucidates your interest in this training program
- 4) a \$50 processing fee

Applicants attend an individual interview. The outcome will be communicated to the applicant within 7 days of the interview. Interviews for 2008 will be held from November 2007 through to February 2008.

Discussing Your Requirements – As you read this brochure, questions may arise for you as to the suitability of the on-going training or particular training events. Should this occur please feel free to contact the Training Co-coordinator or the College Registrar to discuss your particular requirements.

Payment of Fees – A \$100 non-refundable deposit is required upon enrolment. Payment of fees is due in 2 instalments: the first is due on 28 February 2008 and the second on 31 July 2008. In exceptional circumstances an alternate 5-installment payment plan can be arranged. Contact the College Administrator for details.

Refund Policy – Trainees withdrawing from their course before the end of Semester I are liable for the full semester fee and those withdrawing after the commencement of Semester II are required to pay the full annual fee.

Re-enrolment for Subsequent Years – Trainees need to confirm their intention to continue training by forwarding a completed enrolment form and paying a \$100 deposit no later than three weeks prior to commencement (by 14 February 2008). A training interview will be held at a time to be arranged with the relevant training co-coordinator.

All Enrolments

Enquiries	For enquiries about the training and its suitability for you, please contact Chris Hosking, the College Registrar Tel: (03) 9589 6879 Email: psychodrama@netspace.net.au
Enrolments	Send your enrolment along with a deposit or full fee (cheques made out to the Australian College of Psychodrama) to Jenny Hutt, the College Administrator, P O Box 605 Northcote 3070.
Administration	Please direct enquiries about payment of fees and administration to Jenny Hutt, the College Administrator Tel: 03 9489-5733 Email: psychodrama@netspace.net.au
Cancellation Policy	All deposits are non-refundable and non-transferable unless the workshop is cancelled or postponed.
Venue	All events are held at the Northcote Town Hall, 189 High Street, Northcote, 3070, Melbourne, except where otherwise indicated.
Contact Details	Phone: Enquiries and Enrolments (03) 9589 6879 Email: psychodrama@netspace.net.au Payments and Administration (03) 9489 5733 Web: www.anzpa.org/acp Post: PO Box 605, Northcote, Victoria, 3070

The Teaching Staff

Dr Max Clayton – Psychodramatist, Trainer, Educator and Practitioner

Max is an experienced clinician, individual and group supervisor and trainer, working intensively in this field for many years. He has accrued significant skill and a depth of insight in teaching and training people in other cultures around the world. He is the author of several books on psychodrama. He is an Honorary Distinguished member of ANZPA Inc.

Jenny Hutt – Sociodramatist

Jenny works as a learning and organisational development consultant with private and public sector organisations in Australia and New Zealand. Her focus includes workplace diversity, leadership, coaching and mentoring, team development and human relations at work. She has written a number of articles and publications and is on the ANZPA Executive as Immediate Past President.

Liz Marks – Psychodramatist

Liz is an experienced counselling psychologist and family therapist. She offers individual and relationship counselling and individual and group supervision.

Hilde Knottenbelt – Psychodramatist

Hilde applies psychodrama in one-to-one counselling and supervision and in originally-devised 'CreativeVoice' groups and individual sessions. Her approach to singing and voice work emphasises improvisation, listening, play, self-expression and co-creativity. She is on the teaching staff of the Australian Shiatsu College and is a visiting teacher at the Melbourne Institute for Experiential and Creative Arts Therapy.

Richard Hall – Psychodramatist

Richard is a counselling psychologist in private practice where he conducts personal development groups, individual supervision and counselling sessions for individuals and couples. Richard's practice includes working with clients who have identity and life transition concerns.

Chris Hosking – Psychodramatist, Trainer, Educator and Practitioner

Chris has worked for many years as a psychodrama trainer, counsellor, individual supervisor and group work supervisor. She leads training workshops in Australia, New Zealand and Greece and for non-government organizations in South East Asia. Chris is active in ANZPA Inc. as a member of the Ethics Committee and the Board of Examiners.

Guest Presenter

Dr Antony Williams – Psychodramatist, Trainer, Educator, Practitioner

Antony is the most widely published author on action methods in the English language. Three of his books are translated into Finnish, Portuguese and Russian. He is an Honorary Distinguished member of ANZPA Inc. and has a private consultancy practice in Melbourne.

Professional Associations & International Links

ANZPA Inc. (The Australian and New Zealand Psychodrama Association) is the professional association for those who have completed certification as a psychodramatist, sociometrist, sociodramatist or role trainer in the ANZPA-recognised training system. There is a category of associate membership open to trainees who have completed a minimum of six months training and who have a sponsor's letter from a full member involved in their training. Trainees are encouraged to participate in the life of the association by attending annual conferences and becoming involved with the local association, ANZPA Inc. Victoria Region.

ANZPA Inc. is a member association of PACFA (Psychotherapy and Counselling Federation of Australia). Trainees who have received certification with ANZPA are eligible to apply to enrol on the PACFA national register, a credible source for those seeking well-qualified counsellors and psychotherapists.

ANZPA Inc. is a member of the International Association of Group Psychotherapy (IAGP) which aims to serve the development of group psychotherapy as a field of practice, training and scientific study.

ENROLMENT FORM

Name _____

Address _____

Postcode _____

Email Address _____

Phone (H) _____

Phone (W) _____

Mobile _____

Please tick the appropriate boxes

Training Groups:

- Core Curriculum – Intermediate \$ _____
- Advanced \$ _____

Professional Development and Short Intensives:

- Organisational Group Work March-April \$ _____
- Group Work Part 3 April \$ _____
- Marginalised People April \$ _____
- Group Work June \$ _____
- Difficul Conversations October \$ _____

Residential Training:

- Psychodrama Training \$ _____

Special dietary requirements (please specify)

Introduction to 2009 Training:

- 17 October No Fee

Date: _____ / _____ / _____

Total Enclosed: \$ _____

All cheques payable to the Australian College of Psychodrama

Please detach form and post to:

Jenny Hutt
Australian College of Psychodrama
PO Box 605 Northcote
Victoria 3070, Australia

2008
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ENROLMENT FORM